In this project, youth learn about healthy eating by partnering with adults in the kitchen to plan and create meals and snacks. Youth can participate in a variety of 4-H food and nutrition projects including bread baking, meal planning, cultural cooking, healthy meals, outdoor cooking, cheese making and more.

- Use USDA’s MyPlate to plan meals and make balanced food choices.
- Learn how to safely purchase, prepare and store food.
- Discover the health benefits associated with different foods.
- Explore the importance of nutrition as it relates to quality of life.

**4-H THRIVE**

<table>
<thead>
<tr>
<th>Help youth:</th>
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<tr>
<td><strong>Light Their Spark</strong></td>
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<tr>
<td>A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.</td>
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<tr>
<td><strong>Flex Their Brain</strong></td>
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<tr>
<td>The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to</td>
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<tr>
<td><strong>Reach Their Goals</strong></td>
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<tr>
<td>Help youth use the GPS system to achieve their goals.</td>
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<td><strong>Goal Selection:</strong> Choose one meaningful, realistic and demanding goal.</td>
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<tr>
<td><strong>Pursue Strategies:</strong> Create a step-by-step plan to make daily choices that support your goal.</td>
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<tr>
<td><strong>Shift Gears:</strong> Change strategies if you’re having difficulties reaching your goal. Seek</td>
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<tr>
<td><strong>Reflect</strong></td>
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<tr>
<td>Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their</td>
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</table>

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

Healthy Living
- Design and create an exhibit featuring a nutrition topic for a health fair or community event.
- Create a portfolio of favorite recipes and their nutritional value.

Science, Technology, Engineering, and Mathematics
- Experiment with different recipes, modify recipes to reduce the fat, sugar or sodium content.
- Research different types of microbes commonly found in and around foods.

Citizenship
- Cook foods from diverse cultures to develop a better understanding and appreciation for cultures different than your own.
- Sponsor a walk-a-thon and raise funds for a local health need.

Leadership
- Plan and help prepare a healthy snack for a community club meeting.
- Suggest nutrition guidelines that will help your family eat healthier.
- Become a role model for others by taking the position of junior/teen leader.

Resources
- Fantastic Foods www.four-h.purdue.edu/foods
- Fight BAC www.fightbac.org
- California Beef Council www.teachfree.com
- Producepedia www.producepedia.com
- Harvest of the Month www.harvestofthemonth.com
- Spend Smart, Eat Smart www.extension.iastate.edu/foodsavings
- Agriculture in the Classroom www.LearnAboutAg.org
- USDA MyPlate www.myplate.gov
- Money Talks money-talks4teens.ucdavis.edu
- Making Every Dollar Count makingeverydollar-count.ucr.edu
- USDA Center for Nutrition www.cnpp.usda.gov
- Kids a Cookin’ www.kidsacookin.org
- The Scrub Club www.scrubclub.org

Connections & Events

Presentation Days – Share what you’ve learned with others through a presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your county 4-H office to determine additional opportunities available, such as a field day.

Curriculum
- Jump into Food and Fitness web1.msue.msu.edu/4h/
- Healthalicious Cooking anrcatalog.ucdavis.edu/Items/8450.aspx
- Lifetime Fitness, Healthy Decisions www.4-hmilitarypartnerships.org/
- Consumer Savvy new.4-hcurriculum.org/projects/consumer

4-H Record Book
- 4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.
- 4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

University of California Agriculture and Natural Resources